

REGISTERED NUMBER:
4845077
England and Wales

ABLEBROOK LIMITED
REPORT AND ACCOUNTS
31/07/2008

THURSDAY



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28/05/2009

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COMPANIES HOUSE

ABLEBROOK LIMITED

Director

Ms S A Melville

Secretary

P M Enoch

Registered number

4845077 England and Wales

Registered office

36a Townshend Road
London NW8 6LE

REPORT AND ACCOUNTS

31/07/2008

Pages

1	Director's report
2	Profit and loss account
3	Balance sheet
4	Notes to the accounts

The following page does not form part of the statutory accounts:

5	Detailed trading and profit and loss account
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ABLEBROOK LIMITED
DIRECTOR'S REPORT

The director presents her report with the accounts of the company for the year ended 31 July 2008.

Principal activity

The principal activity of the company in the period under review was to provide activities for physical well-being and beauty.

Director and share interest

The director who served during the year was:

Ms S A Melville

Director's responsibilities


Company law requires the director to prepare accounts for each financial period which give a true and fair view of the state of affairs of the company and of the profit and loss of the company for that period. In preparing those accounts, the director is required to:

- * select suitable accounting policies and then apply them consistently;
- * make judgements and estimates that are reasonable and prudent;
- * follow applicable accounting standards, subject to any material departures disclosed and explained in the accounts;
- * prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The director is responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable her to ensure that the accounts comply with the Companies Act 1985. She is also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the special provisions of Part V11 of the Companies Act 1985 relating to small companies and with the Financial Reporting Standard for Small Entities (effective January 2005).

By order of the Board



Ms S A Melville
Director

Approved : 21-05-2009

ABLEBROOK LIMITED
PROFIT AND LOSS ACCOUNT
for the year ended 31 July 2008

		'2008		'2007	
		£	£	£	£
	Notes				
TURNOVER	1		23,192		22,134
Administrative expenses		- 15,553		- 18,417	
Other expenses		- 23,171		- 21,582	
			- 38,724		- 39,999
OPERATING LOSS	2		- 15,532		- 17,865
LOSS on ordinary activities before taxation			- 15,532		- 17,865
TAXATION	3		-		-
LOSS for the financial year after taxation			- 15,532		- 17,865
RETAINED BALANCE at 01 August 2007			- 74,125		- 56,260
RETAINED BALANCE at 31 July 2008			- 89,657		- 74,125

The notes on page 4 form part of these accounts.

ABLEBROOK LIMITED
BALANCE SHEET
as at 31 July 2008

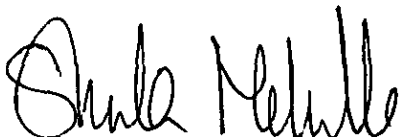
	Notes	'2008	'2007
		£	£
FIXED ASSETS			
Fixed assets	4	9,961	13,282
DEBTORS			
Balance at bank & in hand		1,977	4,465
Debtors & prepayments		5,355	5,000
		7,332	9,465
CREDITORS amounts falling			
due within one year	5	- 106,950	- 96,872
NET CURRENT LIABILITIES		- 99,618	- 87,407
NET LIABILITIES		- 89,657	- 74,125
CAPITAL AND RESERVES			
Called up share capital	6	-	-
Profit and loss account		- 89,657	- 74,125
SHAREHOLDER'S FUNDS	7	- 89,657	- 74,125
- all equity			

In approving these accounts as director of the company, I hereby confirm:

- that for the year in question, the company was entitled to the exemption conferred by section 249A(1) of the Companies Act 1985.
- that no notice has been deposited at the registered office of the company pursuant to section 249B(2) requesting that an audit be conducted for the year ended 31 July 2008 and
- that I acknowledge my responsibilities for:
 - ensuring that the company keeps accounting records which comply with section 221 of the Companies Act 1985 and
 - preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its loss for the year then ended and which otherwise comply with the provisions of the Companies Act relating to accounts, so far applicable to the company.

The accounts have been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies and with the Financial Reporting Standard for Small Entities (effective January 2005)

Signed on behalf of the Board



Ms S A Melville
Director

Approved by the board on 21-05-2009

The notes on page 4 form part of these accounts

ABLEBROOK LIMITED

Notes to the accounts - 31 July 2008

1. Accounting policies**a. Basis of accounting**

The accounts have been prepared under the historical cost convention and are in accordance with applicable accounting standards.

The company has taken advantage of the exemption in Financial Reporting Standard No 1 from the requirement to produce a cash-flow statement on the grounds that it is a small company.

b. Amortisation and depreciation

Cost of lease & improvements have been amortised equally over the life of the lease - 8 years
Equipment has been depreciated at 25% on the reducing balance basis.

2. Operating loss

Operating loss includes

	2008	2007
	£	£
Amortisation	2,688	2,688
Depreciation	633	843
Director's remuneration	-	-
	3,321	3,531

3. Taxation

No provision for corporation tax has been made for the period ended 31 July 2008.

4. Fixed assets**Cost**

At 31/07/07 & 31/07/08

Amortisation & depreciation

At 31/07/07

for year

At 31/07/08

Book value at 31/07/08**Book value at 31/07/07**

	Lease	Equipment	Total
	£	£	£
At 31/07/07 & 31/07/08	21,503	7,999	29,502
At 31/07/07	10,752	5,468	16,220
for year	2,688	633	3,321
At 31/07/08	13,440	6,101	19,541
Book value at 31/07/08	8,063	1,898	9,961
Book value at 31/07/07	10,751	2,531	13,282

5. Creditors - amounts falling due within one year

	2008	2007
	£	£
Director's account	106,588	96,480
Other	392	392
	106,980	96,872

6. Called up share capital

	2008	2007
	£	£
Authorised		
100 ordinary shares of £1 each	100	100
Issued, allotted and nil paid		
1 ordinary shares of £1 each	-	-

8 Director's undertaking

The director has given the undertaking that further financial assistance is available to the company as and when required.